

Curriculum Vitae



Personal History

First Name: Arezoo

Last Name: Haghighian-Roudsari

Institution: National Nutrition and Food Technology Research Institute (NNFTRI),
Faculty of Nutrition Sciences and Food Technology, Shaheed Beheshti university of
Medical Sciences, Departments of Community Nutrition

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Google scholar link: <https://scholar.google.com/citations?user=Ks2zFPsAAAJ&hl=en>

Researchgate link: <https://www.researchgate.net/profile/Arezoo-Haghighian-Roudsari>

Semantic scholar link: <https://www.semanticscholar.org/author/Arezoo-Haghighian-Roudsari/1485374231>

CV link: chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://nnftri.ac.ir/wp-content/uploads/2023/06/%D8%AF%DA%A9%D8%AA%D8%B1-%D8%AD%D9%82%DB%8C%D9%82%DB%8C%D8%A7%D9%86.pdf

Educational History

Current Situation: Graduated

Major: Nutrition

Minor: Sociology

Degree: PhD

University: Shaheed Beheshti University of medical science

City: Tehran

Country: Iran

From: (year) 2011

To: (year) 2016

Educational History

PhD Theses

Title: Explaining and examining of Food Choice Process model using mixed method among adults aged 30-64 living in Tehran

Supervisor(s): Dr. Nasser Kalantari, Dr. AbouAli Vedadhir

MSc Theses

Title: Effects of soy protein on bone metabolism biomarkers in postmenopausal women with osteopenia.

Supervisor(s): Dr. Masoud kimiagar, Dr. Bagher Iarjani

Professional History

Job Title: Nutrition expert in Human Nutrition Group

Site of Activity: National Nutrition & food Technology Research Institute; 2000-2001

Job Title: Researcher

Site of Activity: National Research Center of Medical Sciences; 2004-2005

Job Title: Expert

Site of Activity: Office for international affair, National Nutrition & food Technology Research; 2006-2016

Job Title: Researcher in Food and Nutrition Policy and Planning; Teaching of nutritional sciences students courses (Concurrently)

Site of Activity: National Nutrition & food Technology Research Institute, Faculty of Nutritional Sciences and Food Technology; 2016 - 2021

Job Title: Assistant Professor

Site of Activity: Department of Community Nutrition, National Nutrition & food Technology Research Institute, Faculty of Nutritional Sciences and Food Technology, SBMU, 2021 Up to now

Honors and Awards

1. **Top student** in school of Nutrition & Food Science, Shaheed Beheshti University of Medical Sciences & Health, Tehran – Iran; Awarding body: The Dean of National Nutrition and Food Technology Research Institute, 1998
2. Obtaining **grade two ranked in entrance MSc exam**, Iran; 2001
3. Obtaining **grade two ranked among MSc students**, Shaheed Beheshti University of Medical Sciences & Health in 2004, Tehran – Iran
4. **Outstanding student rank of Nutrition sciences group** in 11th Razi Research Festival on the Medical sciences, Tehran – Iran; Awarding Body: The president of Islamic Republic of Iran, 2005
5. **Top researcher** in 7th research festival in Shaheed Beheshti University of Medical Sciences, 2006; Awarding body: Deputy of research (MoH), Tehran, Iran
6. **Excellent Abstract Award from Overseas** in 22nd IUNS-ICN, International Congress of Nutrition, Tokyo, Japan, 2022.

Publications (Books)

- Haghighian-Roudsari A. **Nutrition and osteoporosis**. Donyaye Taghzieh Publication; 2006.
- **Proceeding of national nutrition articles**. National Nutrition & Food Technology Research Institute Publication; 2006.
- **Vegetables and disease prevention**. Shaheedipour Publication, 2015.
- "Nutrition in health and diseases" in "**General Public Health**". Arjmand Publication, 2019.
- Kimiagar M, Haghighian-Roudsari A. "**Nutrition role in health and disease**" in "Comprehensive Public Health", Fourth edition, published by Arjmand Publications, 2019, <http://phs.sbm.ac.ir/uploads/Publichealthindex1.htm>
- Zare M, Haghighian-Roudsari A, Tarighat-Esfanjani A. **Fundamentals of Nutrition**. published in 2023 by Yavarian Publications.
- Haghighian-Roudsari A, Mortazavian AM. "**Nutrition education and Covid-19 Crisis**" in "Clinical Medical Education and the COVID-19 Crisis", First edition, Published by Shahid Beheshti University of Medical Sciences publication, 2024.

Educational activities

- **Teaching Undergraduate courses include:** Malnutrition-induced diseases and their epidemic; Nutrition in lifespan; Nutritional assessment; Medical sociology; Research methodology; Food and Nutrition Ecology
- **Teaching Postgraduate courses include:**
- **MSc:** research method – Current topics in Community nutrition
- **PhD:** Food choice / Advanced research methods / Advanced Analytical Methods for Food and Nutrition Policy Research / Socio-cultural, economic and environmental determinants of food intake and physical activity

Thesis (Advisor/ Consuler)

No.	Thesis title	Field / degree	Faculty / University	Role	Current status of thesis
1	Consumers' attitude and perceptions toward genetically modified foods in Iran: A qualitative study in Tehran	Nutritional Science / MSc	Faculty of Nutritional sciences / SBMU	Advisor	Finished
2	Explaining and sensitivity analysis of the determinants factors of people's tendency to follow a healthy diet in Tehran: An agent-based modeling	Nutritional Science / PhD	Faculty of Nutritional sciences / SBMU	Advisor	Finished
3	Study of Food Tourism Capacities and its Growth and Development Strategies (Case Study: Isfahan City)	Food & Nutrition Policy / PhD	Faculty of Nutritional sciences / SBMU	Advisor	Finished
4	Analysis of government cash subsidy policy and its role in the cart, the cost of food during the eight years of its implementation in the country	Food & Nutrition Policy / PhD	Faculty of Nutrition and Dietetics / TUMS	Advisor	Finished
5	Explaining the perspectives of Iranian users of Instagram social media regarding dairy products consumption	Nutritional Science / MSc	Faculty of Nutritional sciences / SBMU	Supervisor	Finished

No.	Thesis title	Field / degree	Faculty / University	Role	Current status of thesis
6	The relationship of Nutritional factors with Sarcopenia: a cross-sectional study among diabetic people aged over 55 years in Tehran	Nutritional Science / MSc	Faculty of Nutritional sciences / SBMU	Advisor	Finished
7	Developing an Agroecological Farm-to-School Model to Improve Elementary School Student's Nutrition	Agroecology / PhD	Environmental Sciences Research Institute/Shahid Beheshti University	Advisor	Finished
8	Analysis for policy to improve hospital nutrition care in Iran	Food & Nutrition Policy / PhD	Faculty of Nutritional sciences / SBMU	Supervisor	Ongoing
9	Policy Analysis of using the services of nutrition experts in the first level of primary health care of the health system in Iran: the case study of Shiraz city	Food & Nutrition Policy / PhD	Faculty of Nutritional sciences / SBMU	Advisor	Ongoing
10	Analysis for policy to achieve a sustainable food basket in Iran	Food & Nutrition Policy / PhD	Faculty of Nutritional sciences / SBMU	Supervisor	Ongoing
11	Analysis for policy-making to improve community access to nutrition services delivered in the comprehensive health services centers: the case study of Tehran County	Food & Nutrition Policy / PhD	Faculty of Nutritional sciences / SBMU	Supervisor	Ongoing
12	Analysis for policy-making to minimize food waste in university canteens in the city of Tehran	Food & Nutrition Policy / PhD	Faculty of Nutrition and Dietetics / TUMS	Advisor	Ongoing
13	Design, Psychometrics, and Application of a Measurement Tool for Irrational Food Beliefs During Pregnancy: A Mixed-Methods Study		School of nursing & Midwifery / SBMU	Advisor	Ongoing

SBUM: Shaheed Beheshti University of Medical Sciences

TUMS: Tehran University of Medical Sciences

Approved Projects & Proposals

No.	Title of project	Role	Organization	year	Current condition of project
1	Effects of soy protein on bone biomarkers in postmenopausal	PI	Endocrinology & Metabolism Research center of Tehran university of Medical Sciences, Tehran, Iran	2003	Finished
2	Nutrition abstracts and reviews of Iran (1378-83)	CI	National Research center of Medical Sciences, Tehran, Iran	2004	Finished
3	Iranian Food and Nutrition Leadership	CI	NNFTRI	2007	Finished
3	Effect of targeted subsidies and its cash payments on household food security and food intake in Tehran's urban community: policy evaluation	CI	Deputy of research, SBUM	2012	Finished
4	Investigation and determination of barriers, problems and strategies for the development of health and safety of Naval staff and their families by modifying the nutrition pattern.	PI	NNFTRI	2014	Finished
5	Nutritional status of 2- to 6-year-old children in northern villages of Tehran in 2013	PI	Student Research Committee, SBUM	2014	Finished
6	Qualitative study of nutritional education needs in primary school children of Karaj, 2012	PI	Student Research Committee, SBUM	2014	Finished
7	The Relationship between Body Mass Index and Mental Illness in Female Students of the Faculty of Nutrition Sciences and Food Sciences 2013	PI	Student Research Committee, SBUM	2014	Finished
8	Prevalence of malnutrition and its related factors in children referred to Mofid Hospital in 2013	PI	Student Research Committee, SBUM	2014	Finished
9	Nutritional status and its influencing factors in pregnant women in Tehran 2nd district in 2014	PI	Student Research Committee, SBUM	2014	Finished
10	Explaining and developing the Food choice Process Model Using Mixed Method design in 30–64-year-old adults in Tehran	PI	NNFTRI	2014	Finished
11	Determining the status of lifestyle of students living in the dormitory of Isfahan University	PI	Student Research Committee, SBUM	2015	Finished

No.	Title of project	Role	Organization	year	Current condition of project
	of Medical Sciences				
12	Evaluation of knowledge about healthy nutrition in high school girls in Rasht, 2014	PI	Student Research Committee, SBUM	2015	Finished
13	Evaluation of knowledge, attitude and practice of high school girls in Karaj about iron deficiency anemia	PI	Student Research Committee, SBUM	2015	Finished
14	Systematic review of socio-cultural factors influencing food choices	PI	Student Research Committee, SBUM	2015	Finished
15	The role of consumption of soy isoflavones on bone metabolism during menopause	PI	Student Research Committee, SBUM	2015	Finished
16	Systematic Review of the Type and Quality of Common traditional complementary Foods in Iran	PI	Student Research Committee, SBUM	2015	Finished
17	A Survey on the Status of Food Security and Evaluation of Targeted Subsidy Schemes and its Cash Payment in the Rural Community of Tehran Province in 2015: A mixed method Study	CI	Student Research Committee, SBUM	2015	Finished
18	Exploring the consumers' perception regarding to nutritional fact table and traffic light in food labeling: A qualitative study in Tehran	PI	NNFTRI	2016	Finished
19	Policy Research and compiling of the Food and Nutrition policy in Iran based on material six of overall health policies	CI	Iranian Academy of Medical Sciences	2016	Finished
20	Analysis of fiscal policies aimed at reducing dietary risk factors of NCDs in the Islamic Republic of Iran	CI	World Health Organization	2017	Finished
21	Compiling the policy brief for controlling the risk factors of nutrition related to NCDs based on the findings of the National Program for monitoring the levels of sugar, salt, fat and trans fatty acids in industrial food and food products	CI	NNFTRI	2017	Finished
22	Evaluation of elderly lifestyle in Tehran's nursing home	PI	Student Research Committee, SBUM	2017	Finished
23	Nutritional goals by 2025:	CI	NNFTRI	2017	Finished

No.	Title of project	Role	Organization	year	Current condition of project
	Situation analysis in the West Asian region				
24	Nutritional status and lifestyle of the elderly living in Semnan city	PI	Research deputy, SBUM	2018	Finished
25	Analysis of Nutritional Labeling Policy for Food Products in Iran and explaining by Policy Triangle: A Qualitative Study	CI	NNFTRI	2018	Finished
26	Technical consultancy to develop a toolkit to promote healthy diet at workplace	PI	World Health Organization	2018	Finished
27	National Program on " Food Consumption Survey and Nutritional Status of Household and Individual in 1397"	CI	NNFTRI, MoH	2018	Finished
28	Designing a guideline for determination of unhealthy food products in Iran	CI	NNFTRI	2018	Finished
29	A systematic review and meta-analysis on the effect of using colored food labeling on consumer's food choices	PI	NNFTRI	2018	Finished
30	Providing of a policy proposal for promoting nutritional status of cancer patients: A qualitative study	PI	NNFTRI	2019	Finished
31	The challenges of edible oils advertising: views of stakeholders and provide policy recommendations	CI	NNFTRI	2019	Finished
32	Assessment and analysis of food market in the recent decade in Iran	CI	NNFTRI	2018	Finished
33	Food security status of Afghan immigrant households compared to Iranian ones: Systematic Review& Meta-Analysis	PI	NNFTRI	2020	Finished
34	Study of economic sanctions affecting household food and nutrition security, policies to cope with them and offer a supportive package in Iran	PI	NNFTRI	2019	Ongoing
34	The relationship between nutrition pattern and non-communicable diseases in Yazd province	CI	NNFTRI	2020	Ongoing
35	Exploring the lived experiences	PI	NNFTRI	2020	Ongoing

No.	Title of project	Role	Organization	year	Current condition of project
	of survivors of Covid-19 disease in relation to their nutritional problems before, during, and after recovery: A phenomenological study				
36	Exploring the attitudes of health professionals and medical care team about nutritional challenges of cancer patients: A content analysis study	PI	NNFTRI	2021	Ongoing
37	Identifying Barriers and Challenges Facing Students and Faculty members of Nutrition Sciences and Food Technology through Virtual Education of University Courses in the Covid-19 pandemic	PI	NNFTRI	2022	Ongoing
38	Analysis for policy making to improve nutritional care in Iranian hospitals	PI	NNFTRI	2022	Ongoing
39	Analysis for policy making to achieve a sustainable food basket in Iran	PI	NNFTRI	2023	Ongoing
40	Analysis for Policy to Improve Community Access to Nutritional Services in Comprehensive Health Service Centers: A Case Study of Tehran City	PI	NNFTRI	2024	Ongoing
41	Design, psychometrics, and application of an instrument to measure irrational food beliefs in pregnancy: A mixed-method study	CI	SBMU	2024	Ongoing

PI: Principal Investigator

CI: Co-Investigator

NNFTRI: National Nutrition & Food Technology Research Institute

SBUM: Shaheed Beheshti University of Medical Sciences

Reviewer of the following journals

- Appetite
- Women and health
- Iranian journal of Nutrition Sciences & Food Technology [In Persian]
- Nutrition and Food Sciences Research
- Ecology of Food and Nutrition

- Journal of health, population and nutrition
- Preventive Medicine
- Medical History [In Persian]
- Phytotherapy Research
- Journal of nutrition and Food security
- BMC Nutrition
- BMC Public Health
- BMC pregnancy & Childhood
- European Journal of Clinical Nutrition
- Infectious disease Report
- International Journal of Endocrinology and Metabolism
- International Journal of Environmental Research and Public Health
- Journal of Nutrition and food Security
- Nutrients
- Sustainability
- Supportive care in cancer

Scientific articles in ISI Journals

1. **Haghighian Roudsari A.**, Maghbouli Zh., Tahbaz F., Larijani B.* , Kimiagar M. Role of soy protein on bone turnover. Iranian Journal of Public Health, 2004; a supplementary issue on Osteoporosis, pp: 43-48.
2. **Haghighian Roudsari A***. Tahbaz F., Hossein-nezhad A., Arjmandi B., Larijani B., Kimiagar SM. Assessment of soy phytoestrogens' effects on bone turnover indicators in menopausal women in Iran: a " before and after " clinical trial. Nutrition Journal, 2005; 4(1):30. PMID: 16255781 PMCID: PMC1298328 DOI: 10.1186/1475-2891-4-30
3. **Haghighian Roudsari A**, Vedadhir AA., Kalantari N.*, Amiri P., Omidvar N., Eini-Zinab H. Abdollah pouri Hosseini F. Concordance between self-reported body mass index with weight perception, self-rated health and appearance satisfaction in people living in Tehran. Journal of Diabetes & Metabolic Disorders (2016) 15:22. <http://dx.doi.org/10.1186/s40200-016-0244-8>
4. Edalati S, Omidvar N, **Haghighian Roudsari A**, Ghodsi D, Zargaraan A. Development and implementation of nutrition labelling in Iran: A retrospective policy analysis. International J Health Planning Management. 2019; 35 (1): 1–17. DOI: 10.1002/hpm.2924
5. Mohammadi-Nasrabadi F, Salmani Y, Banihashemi SM, **Haghighian Roudsari A**, Zargaraan A, Esfarjani F. Policy challenges of food advertisements from the viewpoints of Stakeholders: a qualitative study. Food Science and Nutrition. 2020; 00: 1-8. DOI: 10.1002/fsn3.1482

6. Rahmani J, **Haghighian Roudsari A**, Bawadi H, Thompson J, Khalooei Fard R, Clark C, Ryan PM, Ajami M, Rahimi Sakak F, Salehisahlabadi A, Abdulazeem HM, Jamali MR, Mirzay Razaz J. Relationship between body mass index, risk of venous thromboembolism and pulmonary embolism: A systematic review and dose-response meta-analysis of cohort studies among four million participants. *Thrombosis Research*, 2020; 192: 64–72. [DOI.org/10.1016/j.thromres.2020.05.014](https://doi.org/10.1016/j.thromres.2020.05.014)
7. Rahmani J, **Haghighian Roudsari A**, Bawadi H, Clark C, Ryan PM, Salehisahlabadi A, Rahimi sakak F, Goodarzi N, Mirzay Razaz J. Body Mass Index and Risk of Parkinson, Alzheimer, Dementia, and Dementia mortality: A Systematic Review and Dose-response Meta-analysis of Cohort Studies Among 5 Million Participants. *Nutritional Neuroscience*, 2020; DOI: [10.1080/1028415X.2020.1758888](https://doi.org/10.1080/1028415X.2020.1758888)
8. **Haghighian Roudsari A**, Abdollah Pouri Hosseini SF, Bonab AM, Zahedi-rad M, Nasrabadi FM, Zargaraan A. Consumers' perception of nutritional facts table and nutritional traffic light in food products' labelling: A qualitative study. *Int J Health Plann Mgmt*. 2020; 1–15. <https://doi.org/10.1002/hpm.3105>
9. Pourmoradian S, Ostadrahimi A, Milani Bonab A, **Haghighian Roudsari A**, Jabbari M, Irandoost P. Television food advertisements and childhood obesity: A systematic review. *Int J Vitam Nutr Res* (2020), 1–7. <https://doi.org/10.1024/0300-9831/a000681>
10. Rahmani, J., Mirzay Razaz, J., Kalantari, N., Garcia, L.M.T., Shariatpanahi, S.P., Bawadi, H., Thompson, J.Y., Ryan, P.M., Santos, H.O. and **Haghighian Roudsari, A***. "Dynamic conceptual framework to investigate adoption of healthy diet through agent-based modelling", *British Food Journal*, 2021, Vol. ahead-of-print No. ahead-of-print. <https://doi.org/10.1108/BFJ-09-2020-0828>
11. Mirzay Razaz, J., Hosseini Balam F., Karimi T., Rahmani J., Kalantari, N., Shariatpanahi P., Bawadi H., Bhagavathula AS., **Haghighian Roudsari A***. Sex differences in healthy eating: Investigating the moderating effect of self-efficacy. *Journal of Nutrition Education and Behavior*, 2022; 54: 151-158.
12. Milani-Bonab A, Kalantari N, Takian AH, **Haghighian-Roudsari A**. Food and agriculture, nutrition and health related policy integration in Iran's national development agenda and their alignment with the sustainable development goals. *Environment, Development and Sustainability*, 2022; <https://doi.org/10.1007/s10668-022-02171-3>
13. Ghodsi D, **Haghighian-Roudsari A**, Khoshfetrat M, Abdollah-PouriHosseini SF, Babapour M, Esfarjani F, Ajami M, Zargaraan A, Mohammadi-Nasrabadi F. Why has the taxing policy on sugar sweetened beverages not reduced their purchase in Iranian households? *Frontiers in Nutrition*. 2023; 10.
14. Pezeshki A, Kalantari N, Pourreza A, **Haghighian-Roudsari A**. Food as a Tourism Attraction: Food Tourism policy analyzing in Iran. *Revista Rosa dos Ventos-Turismo e Hospitalidade*. 2023 Jan 29; 15(1).
15. Saeediankia A, Majdzadeh R, **Haghighian-Roudsari A**, Pouraram H. The Effects of Subsidies on Foods in Iran: A narrative Review. *Frontiers in Sustainable Food Systems*.; 6: 711.

16. Mohammadi-Nasrabadi F, Ghodsi D, **Haghighian-Roudsari A**, Esfarjani F, Khoshfetrat MR, Houshialsadat Z, Mohammadi-Nasrabadi M, Fadavi G, Majdzadeh R. Economic sanctions affecting household food and nutrition security and policies to cope with them: a systematic review. *International Journal of Health Policy and Management*. 2023 Dec 1;12 (1):1-9.
17. Nguyen TP, Gautam S, Mahato S, Jensen OC, **Haghighian-Roudsari A**, Baygi F. Overview of oral health status and associated risk factors in maritime settings: An updated systematic review. *Plos one*. 2023 Oct 18; 18 (10): e0293118.
18. Pourmoradian S, **Haghighian-Roudsari A**, Khoubbin Khoshnazar TA, Milani-Bonab A. The lived experience of Iranian adults from coronavirus disease 2019 (COVID-19)—A qualitative study. *Frontiers in Public Health*. 2025 Jan 28; 12: 1362708.
19. Esfanjani AT, Zare M, Mardi A, **Haghighian-Roudsari A**, Rafrat M, Iranparvar-Alamdari M, Hackett D, Shaghaghi A, Jafarabadi MA. Effect of a Medication Adherence Education Intervention on Clinical Outcomes in Adults with Type 2 Diabetes Mellitus: A Randomized Controlled Trial Study. *Endocr Metab Immune Disord Drug Targets*. 2025 Jan 17. doi: 10.2174/0118715303335172241216102015. Epub ahead of print. PMID: 39835570.

Scientific articles in Pub Med, Scopus Journals

- 1) Kalantari N., **Haghighian Roudsari A**. Breastfeeding promotion in Iran: Opportunities and challenges. *Journal of Comprehensive Pediatrics*, 2013 November; 3(5): 165-6. <http://dx.doi.org/10.17795/compreped-12327>
- 2) Baygi F., Chersten Jensen O., Mohammadi-Nasrabadi F., Qorbani M., Mansourian M., Mirkazemi R., Farshad A., Salehi A., **Haghighian Roudsari A**, Shidfar F. Factors affecting health-promoting lifestyle profile in Iranian seafarers working on tankers. *International Maritime Health*. 2017; 68 (1): 3-8. PMID: 28357829, <http://dx.doi.org/10.5603/IMH.2017.0001>
- 3) **Haghighian Roudsari A**, Vedadhir AA*, Amiri P., Kalantari N., Omidvar N., Eini-Zinab H, Sadati H. Psycho-Socio-Cultural Determinants of Food Choice: A Qualitative Study on Adults in Social and Cultural Context of Iran. *Iran J Psychiatry* 2017; 12 (4): 238-247. PMID: 29472950, PMCID: PMC5816913.
- 4) **Haghighian Roudsari, A***, Vedadhir, A., Rahmani, J. Milani Bonab A. Explaining the barriers and facilitators of ethnic and traditional food choices from the viewpoints of women. *J. Ethn. Food*, 2019; 6: 33. doi:10.1186/s42779-019-0034-2
- 5) **Haghighian Roudsari A**, Ajami M, Davoodi H, Mohammadi Nasrabadi F. An Overview of Evidence-Based Policy making towards sustainable healthy food system and nutrition. *J Mazandaran Univ Med Sci* 2020; 29 (180): 152-164 [In Persian]. URL: <http://jmums.mazums.ac.ir/article-1-13742-fa.html>
- 6) **Haghighian Roudsari A**, Vedadhir AA, Amiri P, Kalantari N, Omidvar N, Eini-Zinab H. Developing and validating Food Choice Determinants Questionnaire: An instrument for exploring food choice determinants in Iran. *Int J Prev Med* 2020; 11: 141. DOI: 10.4103/ijpvm.IJPVM_250_19. Available from: <https://www.ijpvmjournal.net/text.asp?2020/11/1/141/294404>

- 7) Milani Bonab A, Kalantari N, Zargaraan A, **Haghighian Roudsari A**, Pourmoradian S. Can Food Reformulation Policy Reduce Calorie Intake and Tackle Childhood Obesity? Iran J Pediatr. 2020; 30(6): e98985. [Doi: 10.5812/ijp.98985](https://doi.org/10.5812/ijp.98985).
- 8) Entezarmahdi R, Houshiarrad A, Gheibi Sh, Hamisi A, Babayi F, Ajami M, **Haghighian Roudsari A**, Khakzad L, Mojarrad H, Abdollahi M. Dietary and Socio-economic Predictors of Obesity among 2-5 Year-olds in Northwest Iran. Int J Prev Med, 2021; 12:116.
- 9) Zare Bidaki S, Mirzay Razaz J, **Haghighian Roudsari A***. Consumer Perceptions toward Genetically Modified Food Products: A Qualitative Study in Tehran. Iranian Journal of Nutrition Sciences & Food Technology. 2021, 16(2): 45-56.
- 10) Eyvazi F, Mirmiran P*, Abdollahi M, , Rasekhamagham R, Borumandnia N, Eslamian Gh, **Haghighian Roudsari A**, Ahmadigol A, Ajami M*. Relationships between the Dietary Diversity Scores of Children and Mothers and the Anthropometric Statuses of Preschool Children. Journal of Nutrition Sciences & Food Technology, 2021, 16 (2): 25-32.
- 11) **Haghighian Roudsari A***, Vedadhir A, Pourmoradian S, Rahimi-Ardabili H, Shokouhi m, Milani-Bonab A. Exploring adults' motives for food choice of sustainable diet components: a qualitative study in Tehran Metropolis. BMC Nutrition, 2021, 7: 55. <https://doi.org/10.1186/s40795-021-00459-7>
- 12) Roshanmehr F, Kagawa M, Taghizadeh-Hesary F, Milani-Bonab A, **Haghighian-Roudsari A***. Nutritional Status of Cancer Patients: A Unicenteric Report from Iran. Journal of Nutrition and Food Security (JNFS), 2022; 7 (1): 11-21.
- 13) Jabbari M, Alsadat Khoubbin Khoshnazar T, **Haghighian-Roudsari A**, Taghizadeh-Hesary F, Milani-Bonab A. The Viewpoints of Hospitalized Patients with Cancer Regarding Their Nutritional Challenges in Hospital: A Phenomenological Study. JNFS 2022; 7 (4) :424-436
- 14) **Haghighian-Roudsari A**, Namazi N, Irandoost P, Mohammadi Nasarabadi F, Naemi Kermanshahi M, Mohammadi Nasarabadi M, et al . Role of Traffic Light Labeling on Point of Purchase Behaviors: A Systematic Review. JNFS 2022; 7 (3) :398-406
- 15) Bourbour F, Pourtaheri A, Abbasi K, Hasanpour Ardekanizadeh N, Gholamalizadeh M, Hajipour A, Abdollahi S, Bagheri SE, Ahmadzadeh M, Doaei S, **Haghighian* A**. Interactions dietary components with expression level of breast cancer-related genes. Egyptian Journal of Medical Human Genetics. 2022 Dec; 23(1):1-9.
- 16) **Haghighian-Roudsari A**, Khoshnazar TA, Ajami M, Pourmoradian S*. A qualitative study of Covid-19 effects on nutrition associated problems in recovered patients. BMC nutrition. 2023 Feb 13;9(1):29.
- 17) **Haghighian-Roudsari A**, Niknam M, Shahamati D, Borumandnia N, Omidvar N. Barriers and challenges of virtual education in faculty of nutritional sciences and food technology during the covid-19 pandemic: An experience from Iran. Journal of Medical Education Development. 2023;16 (48):21-29.
- 18) **Haghighian-Roudsari A**, Mohammadi-Nasarabadi F, Omidvar N, Khoshfetrat M, Mirzadeh-Ahari Z, Fadavi G et al. Food Insecurity after Cash Transfer Program in Rural Areas of Tehran: A Mixed Method Study. JNFS 2023; 8 (4): 606-618. URL: <http://jnfs.ssu.ac.ir/article-1-623-en.html>

- 19) Jabbari M, **Haghighian-Roudsari A***. Nutritional challenges of hospitalized cancer patients from the perspective of healthcare professionals: a qualitative study. *J Qual Res Health Sci*. 2024;13(4):177–186. doi:10.34172/jqr.2024.26
- 20) Jabbari M, Zeinalian R, Aryafar M, **Haghighian-Roudsari A***, Babashahi M. Strategies to Improve the Nutritional Status of Patients with Cancer from the Experts' Viewpoint: A Qualitative Study. *Journal of Health System Research*. 2025 Jan 10;20(4):325-39.

Scientific articles in ISC and other Journals

- 1- Kimiagar SM., **Haghighian Roudsari A.**, Ghaffarpour M., Hormozdiari H. Vitamin A intake and factors affecting the bioefficacy in Iran. *Sight and life Newsletter*, 2002; 1: 15-17.
- 2- **Haghighian Roudsari A.**, mirmiran P., Mahdavi SM. Do the other nutrients except calcium and vitamin D prevent the incidence of osteoporosis? *Journal of Paramedical Sciences (JPS)*, 2013; Vol.4, No.1, P: 1-11. DOI: <http://dx.doi.org/10.22037/jps.v4i1.3993>
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3. **Haghighian Roudsari A.**, Aminpour A., Ramzankhani A., Hashemi L. Nutritional assessment of local complementary foods in northern rural areas of Tehran District. *Food Technology & Nutrition*, Winter 2011; Vol.8, No.1. P: 51-58. [In persian]
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12. Hajifaraji M, **Haghighian-Roudsari A**, Takian A, Milani-Bonab A. Policy and Development Recommendations to Address the Challenges of Integrated Stewardship of the Food and Nutrition System and Achieve Sustainable Food and Nutrition Security. *Iran J Cult Health Promot* 2024; 8 (1) :33-35. URL: <http://ijhp.ir/article-1-929-fa.html>
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- Haghighian Roudsari A., Taleban FA. The role of ω 3 fatty acid in embryo health. First congress of the role of marine in health, Tehran, Iran; 2003.
- Haghighian Roudsari A., Kimiagar SM. Meeting vitamin A requirements through local foods in Iranian province. 8th congress of nutrition, Tehran, Iran; 2004.
- Haghighian Roudsari A., Kimiagar M. Effects of Ginkgo Biloba on cognitive function in Alzheimer disease. 10th Iranian pharmaceutical sciences conference, Tehran, Iran; 2006.
- Haghighian Roudsari A., Kimiagar M., Larijani B. Assessment the effects of soy protein on bone metabolism markers in postmenopausal women with osteopenia. 9th congress of nutrition, Tabriz, Iran; 2006.
- Haghighian Roudsari A., Zahedi-Rad M., Larijani B., Kimiagar M. Response of biochemical markers of bone turnover to soy isoflavones consumption in postmenopausal women. 9th Iranian congress of Biochemistry and Molecular Biology, Shiraz; 2007.
- Haghighian Roudsari A., Larijani B., Kimiagar M. Assessment of soy phytoestrogens' effects on bone turnover indicators in menopausal women in Iran. "3th Asian Family Health Research Award", Tehran, January, 2007.
- Haghighian Roudsari A. Strategies and interventions to contrast community food insecurity: a review. The 2nd National Conference on Food Security Promotion for Vulnerable People, Tehran, Iran, 9-10 October, 2012.

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- **Haghighian Roudsari A.** Effects of soy protein on bone metabolism indices in osteopenic postmenopausal women. The first international osteoporosis seminar, Tehran, Iran; 2004.
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- **Haghighian Roudsari A.** Personal characteristics and skills in healthy food choices. The first congress on lifestyle-based medicine, Tehran, 2023.
- **Haghighian Roudsari A.** Clinical nutritional status assessment in hospital. The 10th Conference on Food and Dietary Supplements, Tehran, 2022.
- **Haghighian Roudsari A.** Nutritional assessment in of children and adolescents. Child and Adolescent Nutrition Congress, Tehran, 2023.

Posters presented in International Congress & Seminars

- **Haghighian Roudsari A.**, Ataee Jafari A., Keyhaninezhad F., Shakerhosseini R. Assessment of BMI and WHR in cardiovascular patients. *18th International congress of Nutrition*, Durban South Africa, September 2005.
- **Haghighian Roudsari A.**, Ebrahimof S., Larijani B., Kimiagar M. Soy isoflavones and bone resorption markers in postmenopausal women. *IOF World Congress on Osteoporosis*, Toronto, Canada, June 2-6, 2006.
- Ebrahimof S., **Haghighian Roudsari A.**, Hossein-Nezhad A., Larijani B., Kimiagar M. Fruit and vegetable intake and bone turnover in postmenopausal osteopenic women. Poster in *IOF World Congress on Osteoporosis*, Toronto, Canada, June 2-6, 2006.
- **Haghighian Roudsari A.**, Azemati B., Ghodsi , Bazhan M., Kimiagar M. Phytoestrogens and prevention of menopausal osteoporosis. *International Nutrition and Dietetics Congress*, Ankara, Turkey, April, 2006.
- **Haghighian Roudsari A.**, Bazhan M., Ghodsi D., Azemati B., Kimiagar M. Intake and effective factors on efficacy and bioavailability of vitamin a in Iranian diet. *International Nutrition and Dietetics Congress*, Ankara, Turkey, April, 2006.
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- Azemati B., Taleban FA., Valaai N., **Haghighian Roudsari A.** The study of the low glycemic index foods on second meal tolerance in patients with type 2 diabetes. *International Nutrition and Dietetics Congress*, Ankara, Turkey, April, 2006.
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- Azemati B., Khazanehdari Sh., **Haghighian Roudsari A.**, Segal P. Postprandial dysmetabolism and cardiovascular disease. *The 13th Asia-Oceania Congress of Endocrinology (AOCE)*, Tehran, May 10-12, 2006.
- Ghodsi d., mahboob SA, omidvar N., izadifard SH., **Haghighian Roudsari A.** Pattern of body fat distribution in obese and nonobese adolescent girls in Tabriz, Iran. "The 10th International Congress on Obesity", Sydney, Australia, 3-8 September 2006.
- **Haghighian Roudsari A.**, Larijani B., Kimiagar M. Assessment of soy phytoestrogens' effects on bone turnover indicators in menopausal women in Iran. "3th Asian Family Health Research Award", Tehran, January, 2007.
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- Koohpeima Sh., **Haghighian Roudsari A.***, Milani A., Shokouhi M., Nikkhah M. Assessment of knowledge, attitude and practices toward anemia of female high school students in distinct 10, Tehran. "The 1st International & 13th Iranian Nutrition Congress". Tehran, 30 Nov – 3 Dec., 2014.
- Mohajerani N., **Haghighian Roudsari A.***, Shokouhi M., Milani A. Lifestyle status of graduate students dwelling in dormitory of Shahid Beheshti University of Medical Sciences. "The 1st International & 13th Iranian Nutrition Congress". Tehran, 30 Nov – 3 Dec., 2014.
- **Haghighian Roudsari A.***, Vedadhir A. Socio - Cultural determinants of food choice. "The 1st International & 13th Iranian Nutrition Congress". Tehran, 30 Nov – 3 Dec., 2014.
- **Haghighian Roudsari A**, Omidvar N, Amiri P, Kalantari N, Vedadhir A, Eini-Zinab H, Milani Bonab A. Determinants of food choice in Iranian adults: A Life Course Perspective in 21st International Congress of Nutrition, Buenos Aires, Argentina, October 15-20, 2017. Ann Nutr Metab, 2017; 71 (suppl 2): 1-1433.
- Zare-Bidaki S, **Haghighian Roudsari A.***, Mirzay razaz J. What is the Iranian perception about genetically modified foods? A content analysis study. 22nd IUNS-ICN, International Congress of Nutrition in Tokyo, Japan, December 6-11, 2022.

Lectures presented in International Congress & Seminars

- Haghighian Roudsari A., Tahbaz F., Hossein-nezhad A., Maghbouli Zh., Larijani B., Kimiagar M. Effects of soy protein on bone metabolism indicators in osteopenic postmenopausal women. 18th International congress of Nutrition, Durban South Africa, September 2005.
- Azizi MH., Haghighian Roudsari A. Genetically modified organisms (GMOs) from an Islamic perspective. "The first International Halal Fair & Forum", Tehran, March 2-5, 2010.
- Haghighian Roudsari A, Shokouhi M, Mirzamani Sh, Hajifaraji M. Dietary assessment of regular, training and operational groups and designing a standard diet for strategic navy personnel in 1393. 3rd National and 1st International Naval Preventive Medicine, Health, Rescue and clinical management in the Naval and Submarine Fleets, Bandarabbas, 2015.
- Haghighian Roudsari*A, Vedadhir A.A., Amiri P., Kalantari N., Omidvar N., Eini-Zinab H. Food choice strategies and adults perceptions regarding to obesity: a qualitative study in Iran. Oral presentation in "The 2nd International & 14th Iranian Nutrition congress. Tehran, 4-7 September, 2016.
- Haghighian Roudsari*A, Vedadhir A.A., Amiri P., Kalantari N., Omidvar N., Eini-Zinab H. Socio-cultural determinants of food choice: perceptions and experiences of people living in Tehran, Iran. Oral presentation in "The 2nd International & 14th Iranian Nutrition congress. Tehran, 4-7 September, 2016.
- Haghighian-Roudsari A, Zargaran A, Milani Bonab A, Abdollah pouri Hosseini F. Consumers' perception of nutritional traffic light in food products: A qualitative study on

new nutritional policy in Iran. Oral presentation in "The 3rd International & 15th Iranian Nutrition congress. Tehran, 19-21 December, 2018.

- Mohammadi-Nasrabadi F*, Ghodsi D, Khoshfetrat M, Hoseini M, Haghighian-Roudsari A, Babapoor M, Ebadi F, Zargar A, Sadeghi Niaraki M. The fulfillment of the sustainable nutrition in Iran: the impact of previous policies and upcoming necessities. Oral presentation in "The 3rd International & 15th Iranian Nutrition congress. Tehran, 19-21 December, 2018.
- Shokouhi M, Haghighian-Roudsari A, Mirzamani SH. Investigating the role of nutrition in reducing symptoms of seasickness and motion sickness in sailors. The 3rd International and 5th National Conference on Preventive Medicine, Health, Relief, and Marine Treatment on Surface and Subsurface Vessels. Bandar Abbas, 2019.
- Haghighian-Roudsari A. The Impact of Climate Change on Food and Nutrition Security. Oral presentation in "The 4th International & 16th Iranian Nutrition congress. Tehran, 21-23 February, 2024.
- Haghighian-Roudsari A. Taste and flavor: the key drivers of food choices. 7th International congress on Biomedicine (ICB). Tehran, November 2023.
- Haghighian Roudsari A*. Society's Attitudes Towards Genetically Modified Food Consumption: A Content Analysis Study Among Adults in Tehran. Oral presentation in The International Congress on Health Law. Rasht, 13-14 May 2025.

Professional Membership

Name of Association: Iranian Nutrition Society

Site of Association: Tehran - Iran

Position: Member

From: 2003

Name of Association: The Medical Council of the Islamic Republic of Iran

Site of Association: Tehran - Iran

Position: Member

From: 2004

Name of Association: The National Elites Foundation

Site of Association: Tehran - Iran

Position: Member

From: 2005

Name of Association: Anthropological society of IRAN

Site of Association: Tehran - Iran

Position: Member

From: 2015

Skills (working with softwares)

- Office, xp (Internet explorer, word, powerpoint, Access)
- Statistical Program: SPSS
- Nutritional Programs: N4
- Search in data banks & Endnote
- ICDL (elementary & advanced)
- MAXQDA for qualitative researches analysis

Teaching in a workshop

- Qualitative Research Methods in Nutrition Studies. Tehran University of Medical Science (TUMS); 2016.
- Qualitative Research Methods in Nutrition Studies. Shaheed Beheshti University of Medical Science (SBUM); 2016.
- Qualitative Research Methods in Nutrition Studies. Khalkhal University of Medical Science; 2021.
- Qualitative Research Methods in Nutrition Studies. Scientific Association of food and nutrition; 2022.

Research Interests

Food Choice, qualitative studies, questionnaire design and validation, social determinants of health, lifestyle, assessment of nutritional status

Proposed research interests in detail:

1. Food choice, food preferences and its determinants
2. Studying local and traditional foods
3. Food and Nutrition Sustainability
4. Designing qualitative studies in the field of influencing factors on nutritional behaviors
5. Design and validation of questionnaires related to food and nutrition
6. Studying the social determinants of health in the occurrence of non-communicable diseases
7. Investigating the role of ethnicity and subcultures in determining the dietary pattern of adults in different regions of the country
8. Lifestyle studies in different groups